

# FOCUS

## A Shipboard Study in Lost-Workday Injuries

It's no secret that a deployed Navy aircraft carrier is a hazardous environment, where injuries can result in time away from assigned duties and ultimately affect aviation safety and operational readiness. Consider the results of a study that looked at injuries sustained on the flight deck, in the hangar bay, or in the gym of a deployed aircraft carrier.

Injuries recorded by the ship's medical department were analyzed, relating lost-duty injuries to these parameters: division, rank, time of day, location of injury event, whether injury was job-related or recreational, type of recreational activity, and mechanism, type and anatomic site of injury.

During the six-month deployment, 335 injuries occurred in the shipboard locations studied. More than one-third (36 percent) of these injuries resulted in lost duty time—totaling 768 man-days for the entire deployment.

Recreational injuries represented 19 percent of all injuries but 25 percent of all lost-duty injuries, a statistically significant contribution. The sports of basketball, volleyball and football were more likely than other recreational activities to cause injuries resulting

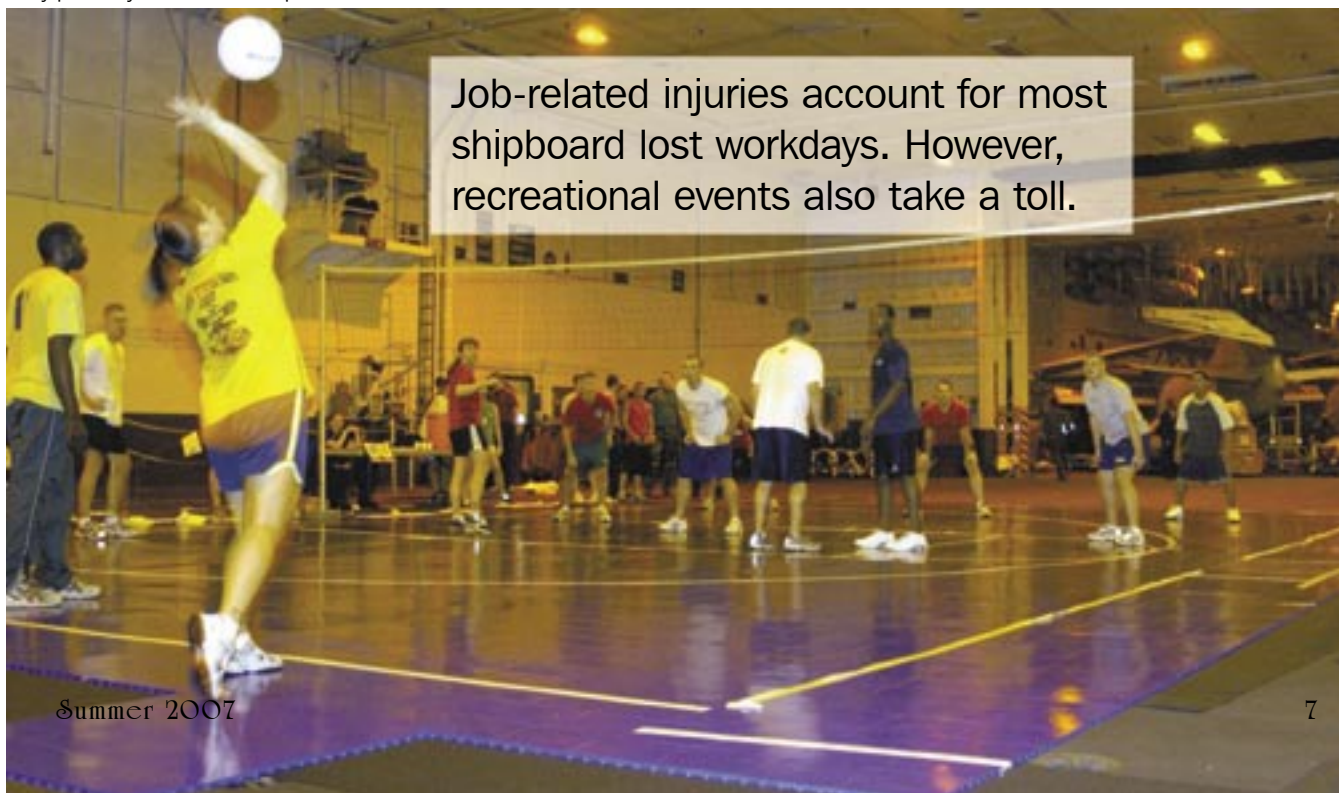
in lost-duty time. Musculoskeletal injuries, particularly those involving the lower extremity [*hip, thigh, leg, ankle, or foot*], neck and back also were associated with increased risk of lost-duty time.

Although recreational injuries occurred less frequently than job-related injuries in the study population, they contributed disproportionately to lost-duty time. Accordingly, the study recommended that injury prevention in similar environments address recreational, as well as work-related activities. ■

### Resources:

- [http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list\\_uids=11149062&dopt=Abstract](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=11149062&dopt=Abstract) [*Epidemiology of Musculoskeletal and Soft Tissue Injuries Aboard a U.S. Navy Ship*]
- <https://www.denix.osd.mil/denix/Public/Library/Atlas/atlas.html> [*Atlas of Injuries in the U.S. Armed Forces*]
- <http://www.odu.edu/ao/instdv/quest/militarymed.html> [*Military Sports Medicine: Preventing Injuries and...*]
- <http://www.safetycenter.navy.mil/mishapreduction/campaignplan/charts/LostDay.ppt>
- <https://www.dmdc.osd.mil/ltwi/owa/cop> [*U.S. Department of Defense Personnel Safety Metrics*].

Navy photo by PHAN Javier Capella



Job-related injuries account for most shipboard lost workdays. However, recreational events also take a toll.